A woman with short, light-colored hair is smiling. She is wearing a white lab coat over a light blue t-shirt. A green wreath of leaves is draped over her head. She is sitting on a couch with vertical stripes in shades of grey, blue, and red. Her left hand is resting on the couch, and she is wearing a silver bracelet on her wrist.

MARCH 2009

# Facets

## EROSION of **SELF**

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keep you  
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# WELCOME TO Facets

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Facet - 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.



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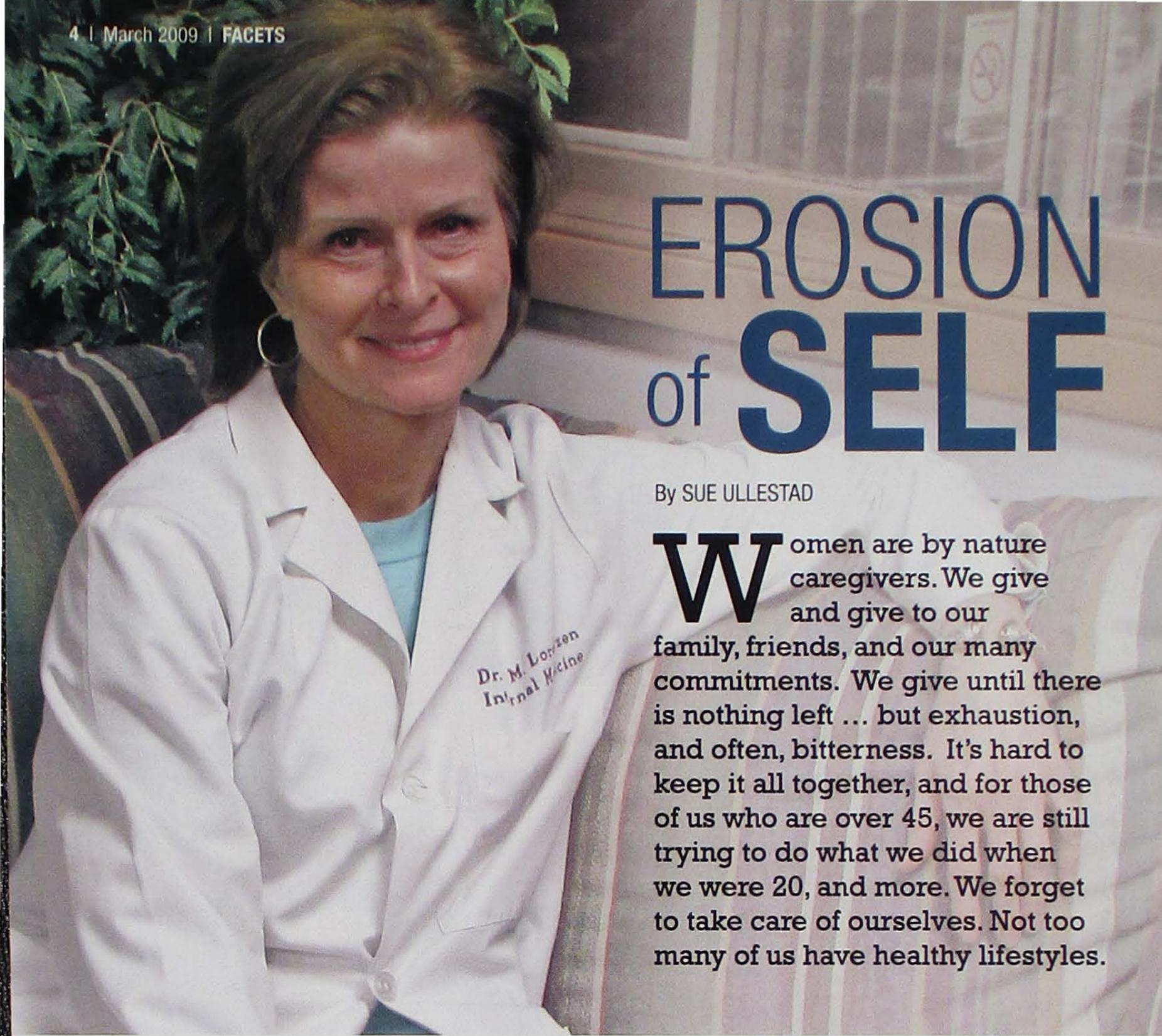
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# EROSION of SELF

By SUE ULLESTAD

**W**omen are by nature caregivers. We give and give to our family, friends, and our many commitments. We give until there is nothing left ... but exhaustion, and often, bitterness. It's hard to keep it all together, and for those of us who are over 45, we are still trying to do what we did when we were 20, and more. We forget to take care of ourselves. Not too many of us have healthy lifestyles.

Photo by SUE ULLESTAD

Dr. Jean Lorentzen, D.O., of Internal Medicine P.C., in Boone, has seen many such patients come through her doors. She feels that people that have more stress and a lot on their plate, have more health problems. Symptoms are clues to use to make us aware of unmet needs. She believes everyone needs the following: a diet of real foods (or closest to real as possible), a healthy amount of activity, adequate sleep (so the alarm doesn't have to wake you up), joy (a piece out of every day to do what you enjoy), time outside (fresh air is a part of nature we so much need), and a support system, along with spirituality. If our needs are unmet, our health erodes, strength and endurance lessens, our outlook and mood alters, and despair may descend upon us.

Lorentzen spends a lot of time with each of her patients, with the initial consultation lasting 1 1/2 to 2 hours. She looks at labs (blood work) and lifestyle.

Together, they come up with a plan. What is the worst problem? Why do you have this problem and what might we do to fix the underlying cause? What can we agree on? What can we weave into your lifestyle? "Each person needs to have someone help them find a way to make doable changes, negotiate the options. I try to find a way to support each patient so they can turn it all around." She recommends that everyone have a personal wellness plan, well-thought out goals, and a plan to achieve

totally changing your health. Find what you can do on a regular basis." Lorentzen says she feels like a body coach. "Many people don't know how it feels to feel good. Many think that their expectations are dwindling, just getting older."

Lorentzen insists that the body wants to be well and that our environment is sometimes not conducive to that. "Human suffering is all around us. We have to assume responsibility for our own health. Though pills are needed at times, no one

**"Even a one-degree change puts you into a totally different atmosphere in 10 years, totally changing your health. Find what you can do on a regular basis."**

those goals. To be highly effective, the plan can't be too restrictive. She is supportive and gives the patient the tools to change. "Even a one-degree change puts you into a totally different atmosphere in ten years,

pill can make your life better!" Everyone needs to take charge of their own health. She talks openly about this personal accountability. "I just don't give them a prescription; I help each patient look at their lifestyle.

## Why do women need estrogen?

- Helps prevent osteoporosis
- Helps prevent breast cancer
- Helps lower cholesterol
- Gives cardio-protection, lessens plaque formation
- Increases HDL (good cholesterol)
- Decreases LDL (bad cholesterol)
- Increases flexibility
- Enhances mood
- Decreases hot flashes
- Helps skin with blemishes/dryness
- Helps urinary problems
- Helps fatigue/sleep problems
- Helps fight depression
- Heightens performance
- Secondary sexual characteristics
- Increases protein

I don't want to pass up that opportunity."

Since the "Women's Health Initiative" came out, there has been much discussion about taking hormones. Recently, hormones were the topic on the Oprah Winfrey show. Much confusion, fear, bias and lack of information surrounds the issue as to whether to take hormones or not. Lorentzen's beliefs and practice revolve around natural hormone/bioidentical hormone replacement. Natural hormones as opposed to synthetic hormones are made from plants with a molecular structure much like those in the woman's body. She has done much research on hormone treatment and wrote the paper, "Perspectives on Hormone Replacement Therapy" in 1998. She has written other publications on hormone treatment and has given many lectures and presentations nationwide. She then helped some women make life-changing adjustments with

hormone replacement, and soon, more and more women wanted her help. So many patients wanted this kind of care that she made the decision to become a diagnostic doctor. "I make more of a difference in people's lives now. It is a difficult way to practice medicine. It takes time and effort, lots of communication, but it is rewarding and mentally challenging. I am always reading. It is so interesting as each patient is different. Everyone brings their own life style to the table." As an internal medicine physician, Lorentzen sees both male and female patients, adolescent age and up, though she sees more women than men. She has case after case of life-changing results of prescribed therapy. She prescribes the appropriate balance of hormone level needed for each individual woman. Doses vary as each individual is different. She adjusts the dosage as needed. She customizes prescriptions for each patient and writes up a formula for the pharmacist to compound. She splits doses within the day for some women. She monitors the

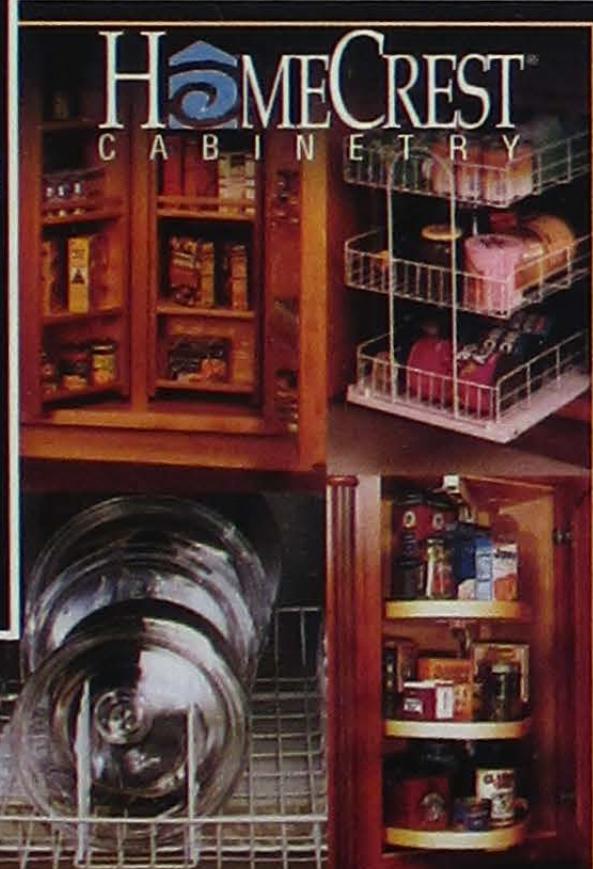
chosen prescriptions closely. Lorentzen teaches health care to her patients. She takes the time to give each patient the information they need from the lab report, her knowledge and research to make their own decisions. This gives each patient the power to change their life ... "reignite the dream and to have quality of life." She works a lot with hormone replacement and vitamin deficiencies, along other health problems. "There is a need to put back what the body is missing." Lorentzen suggests that everyone needs to know their lipid profile.

Heart disease remains the highest cause of death for men and women.

Take care of yourself. If you don't, no one else will. If your needs aren't met, it is hard to be tolerant of others, or care for others. Like Lorentzen says, "Everyone has 'stuff' to do ... that we think we have to accomplish today. Take one thing off your 'stuff' list. It is not that important." Be gentle with yourself. Be sure to include joy each day.

  
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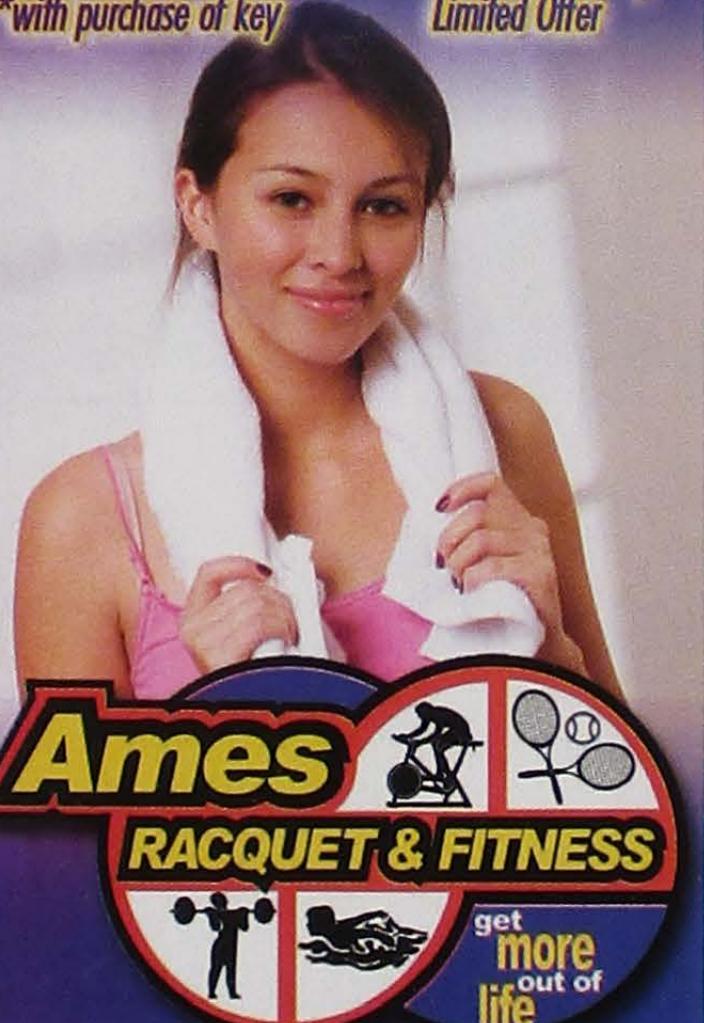


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## DIGGING UP BONES

By DEBRA ATKINSON, MS, CSCS

**M**ary Bernard first had a bone scan at the age of 59 at the suggestion of her doctor. It was more of a routine suggestion than a cause for alarm at that point. Mary was devastated when she got the results that she had osteoporosis. Mary was an otherwise healthy woman and active, loving her time spent downhill skiing in Colorado, which was to become a greater part of her life now that she was retired. Or was it?

Osteoporosis is not a newcomer in the discussion of health risks for women; 50 percent of all women over the age of 50 will suffer an osteoporotic fracture during their lives. Fractures are most common in the hip, spine and wrist, or what's been called the osteo-zones, though low bone mass affects the entire skeletal system. An estimated 33.6 million Americans (80 percent of women) have osteopenia, a condition of low, but not yet distinguished as very low, bone mass. Women live longer and experience more age-related bone loss and falls than men resulting in the fact they are at two to three times greater risk

for hip fractures than men.

Loss of bone mass is inevitable. The longer you live, the more conscious you need to be of shoring up your bone health where possible. Losses of 5 to 10 percent of bone mass per decade are projected for most women, though some previous studies indicate levels of 1 to 3 percent loss per year on average after peak development that occurs somewhere near age 30. Loss of bone mineral during the first five years of menopause may cause losses of 3 to 5 percent overall bone mass per year. After the first five years of menopause the rate of bone loss decreases

Diet and pharmacological treatment are ways that you can help yourself save your bones. In addition, two types of exercise, weight bearing, and weight resistance, provide the most direct tools for prevention and management of osteoporosis (or osteopenia). In weight bearing exercise, there is some contact with ground surfaces that relays to stress on the bones resulting in an increase in the strength of that bone. With resistance training, the muscle is stressed and in return exerts force on the bone.

While lifting weights should be a component of every person's fitness routine, focus and importance of the type of lifting protocol followed changes with life phases, goals, and with perhaps the eminent threat of low bone mass. Unfortunately, resistance training for tone and vanity sake often comes long before that for optimal health and longevity. The 20s and 40s may find women continuing to participate in toning programs that include high repetitions of low weights. An error on the light side of the weight scale and high repetitions doesn't make a positive impact on bone density, however.

Studies of resistance training that specifically assists in bone density suggest high intensity strength-training exercises. An 8-repetition maximum (RM) has a positive effect on bone density whereas lifting more repetitions with lighter weights does not. A temporary fatigue reached at between 8 and 10 repetitions will correlate to approximately 75 to 80 percent of a one repetition maximum, and the number research has shown most successful in retaining bone density. As always, follow the advice of your physician and an exercise professional for slowly and safely building up to this point.

Retaining bone density vs. building bone density is an important distinction to make. The time to increase the amount of bone density is in adolescence. The best time to load bone is prior to puberty. Get young girls into activity of all kinds, particularly those involving simple jumping (up to 50 a day), in order to increase peak bone mass that persists into adulthood. Even women who are older, yet have healthy bones and are not at risk for osteoporosis, can safely add jumping to their routine in order to make gains from the stress of impact on bones. Once a diagnosis of osteopenia or osteoporosis has been made a more conservative impact yet aggressive resistance training program should replace high impact activities.

Success for Mary means that with each annual bone scan she has not gotten worse. It isn't likely a woman will be able to add bone density, but slowing the progression of loss of bone mineral is a significant win. Medicare covers Bone Mineral Density testing for individuals aged 65+ every two years for a fairly wide number of women in the population. Rather than wait until the age of 65 however, for preventative purposes you want to be doing something proactive long before that.

In addition to lifting heavy weights other things should round out a woman's bone health exercise. Challenging the vestibular system, in other words balance and the ability to stabilize, through use of weighted vests and free weights is also important. Often new to resistance training participants find it complex to sort through their needs. The best plan of action might be interpreted as one including machine weights that allows for significant high intensity sets to be performed where fatigue occurs within 8 to 10 repetitions and also free weight exercises for smaller muscle groups that will challenge balance at the same time. The combination of these two efforts is most likely to produce both the bone mineral conservation and the enhanced balance that will prevent falls.

The laws of specificity and overload dictate that the greatest response will be at the greatest site of stress. In terms of a runner then, the lower body will benefit the most, and as you work your way up the kinetic chain the benefits will be lessened.

Bone requires loads over normal daily loading to improve density. Therefore walking alone may not be enough of a minimal effective stress (MES) to make changes. If this is your cardiovascular exercise of choice, make sure to include some high intensity resistance training along with it. Mary, for instance, while downhill or cross country skiing might benefit her cardiovascular system and is greatly challenging her vestibular system with dynamic exercise requiring stabilization, needs to keep resistance training high on her priority list in order to maintain successfully as she has done.

In fact, some of the very things you do today for your active life may be counterproductive to the health you want to sustain as a more mature woman. A few of those things include: drinking diet colas and coffee, favoring cardiovascular activity over resistance training, swimming and cycling and elliptical trainer use more than weight bearing activities like walking, jogging and participation in sports like basketball or soccer.

Success for you too may mean being able to keep the things in your life that make it what it is to you. Downhill skiing, snowshoeing, and hiking outdoors are all still a part of Mary's life. Her hope is that she avoids fractures that her mother diagnosed much later in life was not able to avoid. Each new generation can benefit from newer research and evidence of what works, but only if it's put into action.

A cup of coffee in the morning, an occasional diet cola, and swimming as an alternative to always stressing joints won't cause you any problems but you do have to look closely at your regular daily and weekly schedule and make sure you are managing for not only the immediate goals and rewards you want but those you want in the next decade and the next. A woman's productive and active life in her later years begins in her adolescence and it's never too late to begin paying closer attention.

# Coming this Spring!

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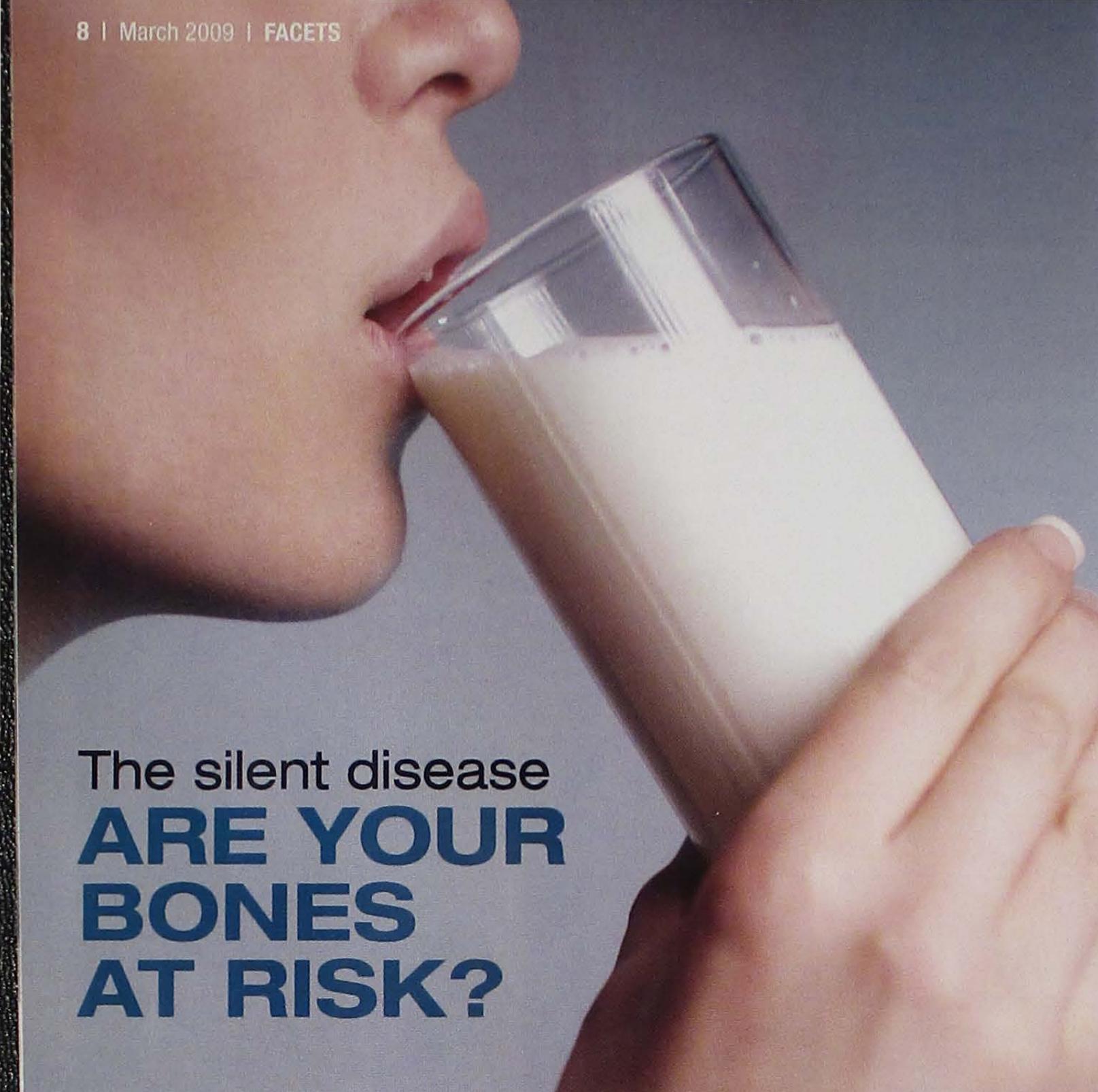
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## The silent disease **ARE YOUR BONES AT RISK?**

By AMY CLARK, R.D., L.D.

**A**ccording to the National Osteoporosis Foundation, one in two women over age 50 will have an osteoporosis-related fracture. Osteoporosis has been called the silent disease because it can develop without any symptoms. It is important to make bone health a life-long process. Eating the right foods and exercise are important factors in building and maintaining healthy bones for all ages. For healthy bones, choose foods rich in calcium, vitamin D and vitamin K.

### Calcium:

The best way to get calcium is always in food, especially low-fat milk, yogurt and cheese. Other foods rich in calcium include tofu, sardines, salmon and turnips. There are also many calcium-fortified foods available that can provide calcium in the diet. Choose calcium-fortified orange juice or look for cereals, pastas, breads and waffles that are fortified with calcium.

The daily goal for calcium varies, depending on your age:

- Adults between the age of 19 and 50 need 1000 mg calcium each day.
- Adults older than 50 years of age need 1200 mg calcium each day.

Here is a quick tip to determine how many milligrams of calcium you're actually getting. Look for the percent of Daily Value (DV) listed for calcium on the Nutrition Facts Panel. Simply replace the % sign

with a zero, to determine the milligrams of calcium. For example, if the label lists calcium as 20 percent DV, that food provides 200 milligrams calcium per serving.

It is important to note that calcium is absorbed slowly and your body cannot take in more than 500 milligrams at once. Keep in mind that calcium intake should not exceed 2,400 milligrams per day.

### Vitamin D:

The main dietary sources of vitamin D are low-fat milk that has been fortified with vitamin D and cold saltwater fish such as salmon and tuna. Vitamin D is added to some yogurts and orange juices, so read the labels to determine if vitamin D has been added. Our bodies can also make vitamin D when exposed to sunshine for

about 15 to 20 minutes a day, but the cold winter months in Iowa make this difficult, so it's important to evaluate how you are getting your vitamin D. According to the National Osteoporosis Foundation, adults under age 50 need 400 to 800 IU of vitamin D daily and adults over 50 need 800 to 1,000 IU of vitamin D daily. Vitamin D will increase the absorption of calcium.

### Vitamin K:

Dark leafy green vegetables such as spinach, kale and dark-green pre-packaged salad blends provide the most vitamin K in the diet. Vitamin K helps put more calcium in the bones.

### Other ways to promote bone health include:

- Do some weight-bearing activities daily, such as walking, running, dancing, aerobics or weight training.
- Avoid smoking and excessive alcohol intake.
- Make an appointment with your healthcare provider to talk about your bone health. Ask your physician if you need a bone mineral density test based on your risk factors for osteoporosis or if you are a woman over age 50.
- Read food labels and look for foods and beverages that provide calcium and vitamin D.
- Choose a calcium supplement — if you need it — that contains vitamin D.
- See a registered dietitian for individual assistance and recommendations.

Try this tasty, calcium-packed treat for your breakfast. The Nestle cocoa packet provides 300 milligrams of calcium.

#### Heavenly Chocolate Blueberry Smoothie

Serves 1

#### ALL YOU NEED:

- 1 Nestle No Sugar Added + Calcium cocoa packet
- 3/4 cup fat-free milk
- 1/4 cup light vanilla yogurt
- 1/4 teaspoon milled flaxseed
- 1/3 cup blueberries

#### ALL YOU DO:

Put cocoa, milk, yogurt & flax seed into a blender. Blend on lowest speed until smooth, about 5 seconds. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been incorporated, increase speed and blend to desired consistency.

*Nutrition facts for 1 serving: 198 calories, 1g fat, 35g carbohydrate, 4.5g fiber, 12g protein.*

# She drives a truck and WIELDS A BRUSH

By JANE M. ZANTOW

**Jessica Bennett drives her best advertisement ... a truck with her logo printed on the windows. She gets most of her business through word of mouth and her vehicle. A muralist by trade, she prefers the fine arts. It just so happens that her logo resembles a butterfly. Quiet, like that butterfly, Jessica gently tells me about her artistic journey.**

A 2003 graduate of Iowa State University, Jessica earned her bachelor's degree fine arts. During her years as a student she worked jobs painting murals for theater productions and then upon graduating worked a paid position for the college painting sets for theatrical productions. Jessica also puts together murals for private homes and businesses. She is strictly a muralist and doesn't take on faux. Pictures of her murals with such titles as, "Hip Hop Dancer," "Butterflies on Brown," and "Cherry Blossom on Red" are included in her portfolio, as well as Ankeny's Café Diem coffee house scene. She is currently working with a client on deciding what to paint for a five-year-old child's bedroom wall. That particular client was snagged by the logo on her truck ... a light, but bold butterfly outlining her initials.

#### Facets: "Did you paint as a child?"

**Jessica:** "That's a good question. I painted constantly in kindergarten. I thought everyone painted and doodled. I would ask my siblings to sit still so that I could draw them. I painted every day in kindergarten."

#### F: "But you began your college studies as an engineer student? Why?"

**J:** "I was good at math and science so I thought it was the practical thing to do. I had even taken a preparatory aptitude test that said I would be a good career artist, but I totally ignored it. It wasn't until my sophomore year that I switched. My mom said, 'yeah, that's more like you!'"

Paging through Jessica's portfolio I find deep rich color everywhere. The stage productions for ISU are whimsical and bright. I jot a view of the names down and found myself imagining what it must have been like to act upon a stage in such a setting. "My Fair Lady," "Fiddler on the Roof," "Bleacher Bums," and one nativity scene for Luther College in Decorah called "Christ Child." Jessica also worked on the set for the musical "Esmerelda" at Cornerstone Church of Ames in December 2008.

**J:** "I learned a lot painting on sets -- fast and loose -- as well as mixing color."

#### F: "What kind of paint did you use?"

**J:** "Special scenic paint with a high



concentration of pigment ... Those sets took hours and hours."

Bennett is originally from southern Iowa. She is married to Justin Bennett and home schools their four children ages 6 months, 2, 6, and 11. Her valuable time is consumed first by her choice to home school. Yet, there is a preoccupation ever present in our conversation. Yes, she is a muralist, but more than that there is the sense of an ever present artistic potential just waiting to erupt.

**J:** "I paint murals for people but my real love is fine art. I work commercially, and I'm so busy getting paid to paint that I'm not doing much of my own art. The murals help me to keep up my skills."

#### F: "Do you paint with your children?"

**J:** "My two middle girls do art almost everyday. I'm unfortunately too busy to do much with them, but I definitely supervise! Once in a while I show them a new technique or introduce them to a new medium."

#### F: "When you say 'your own art,' what do you mean? What would you pursue?"

**J:** "I like more bold and dark colors. I just recently did a painting for my best friend who moved away this week. I used cloth from a dress pattern that I had made for her, and a stamp from the door of the lighthouse in the town she's from. I love collage. I like layers of meaning in my work. I like text in my work."

#### F: "Would you call that illustrating the soul? Is there a portion of yourself you would like to give away in your art?"

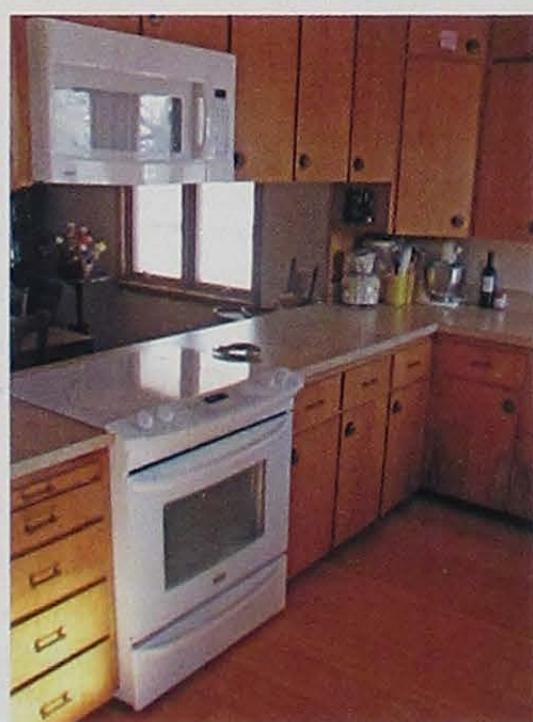
**J:** "I can feel God put it into my soul. What better way to be creative than to tap into the Creator? I'm also inspired by words or music...an inner drive sort of thing. It's spiritually related. Words do put images into my head. The other day in church a song gave me an image that I would like to paint someday. Maybe a series ... I'm still



Jessica Bennett, a mural artist, painted this café scene at Café Diem in Ankeny on Ankeny Boulevard.

*continued on page 11*

# No matter what your situation is The Ames Contracting Team can help...



When Robert and Oriet Snider decided to leave their Huxley home for a farm in rural Cambridge, it wasn't about open spaces, peace and quiet, or starry skies. The Sniders were seeking to preserve their family history and honor the wishes of Robert's late parents by moving into the home his mother had designed and lovingly tended for more than 40 years.

Unfortunately, this 1960's farmhouse needed a lot of updating to make it comfortable for the 21st century Sniders. The roof needed replaced, the carpet was new when Elvis still reigned supreme, the appliances had seen better days - and that was just the beginning. With one call to the Ames Contracting Team, the Sniders began the process of bringing new life to this beloved home.

"We liked the idea of having a general contractor coordinating everything," explained Oriet Snider. With a project this big, coordination was particularly important. "And we were living off-site," added Oriet, which made regular communication from the contractors essential.

Much of the work took place in the basement where the Sniders have a room that runs the length of the house serving as game room, family room, library and tv room. This multi-purpose hub of family activity received beautiful new hardwood flooring throughout. In addition, a bedroom was added complete with an egress window.

ACT remained busy upstairs as well. Kitchen countertops and appliances were replaced and a new kitchen sink was added. A bathtub was refurbished, and the living room received a new ceiling light. New flooring was added in the living space and all three bedrooms. "The house was built in the 1960s and I don't think the carpet had ever been replaced," explained Oriet.

As if that wasn't enough, the Sniders had ACT continue its efforts outside. Strom doors were added and some windows replaced. The house and garage both

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donned new roofs and a small deck was added. Despite the extensive nature of their renovation, the Sniders felt everything ran very smoothly. "Even though we weren't living there, they kept everything cleaned up and orderly as they went along," Oriet praised.

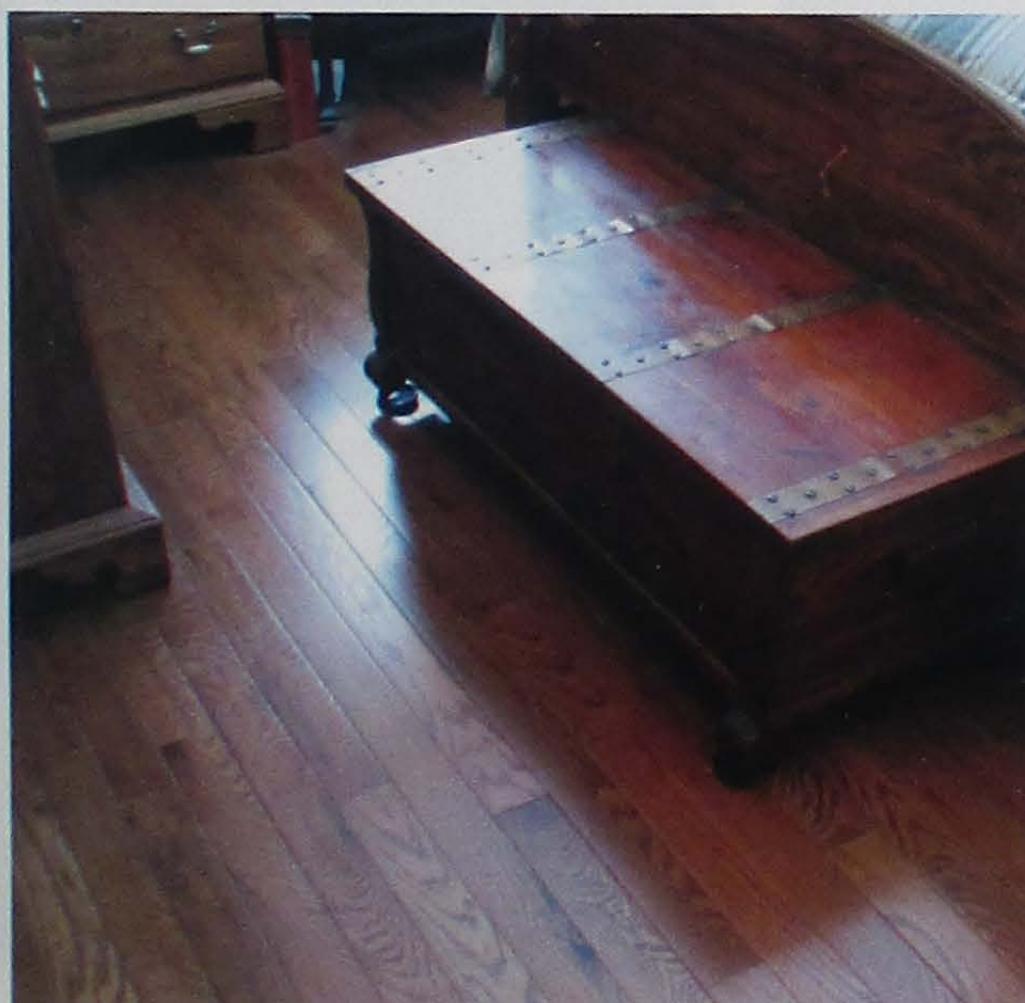
"Everyone was very easy to work with. If we had questions they were handled right away."

She was particularly impressed with the variety and clarity of the options presented to her within her original estimate. "They presented the options and prices for each option and asked us what we would prefer," she said, sharing the example of her bathtub. Rather than replace the bathtub, ACT provided her the less expensive option of having the tub refinished. "They also gave us the option of doing some of the work ourselves and showed us what it would cost if we did."

She added that as new issues arose throughout the process, ACT was quick to address them. "We didn't think we needed a cover for our egress window and then four different kinds of animals moved in and we thought it might be a good idea so they ordered us a cover," she laughed.

Oriet says the hardwood floors are her favorite part of her new home but she also loves the new appliances. "They are a close second, as soon as I figure out how to use them," she smiled.

In January, the Sniders officially moved into their new home. Built with the love of one generation of Sniders and filled with their memories, Ames Contracting Team has revitalized this family home for the next generation who will fill it with memories of their own.



continued from page 9

searching around for things. Right now it's kind of random. I'm in a searching mode as to what I want to express, but I'm getting closer. I want my windows of creativity to get bigger."

**F: "Are there any artists who inspire you? Famous or not?"**

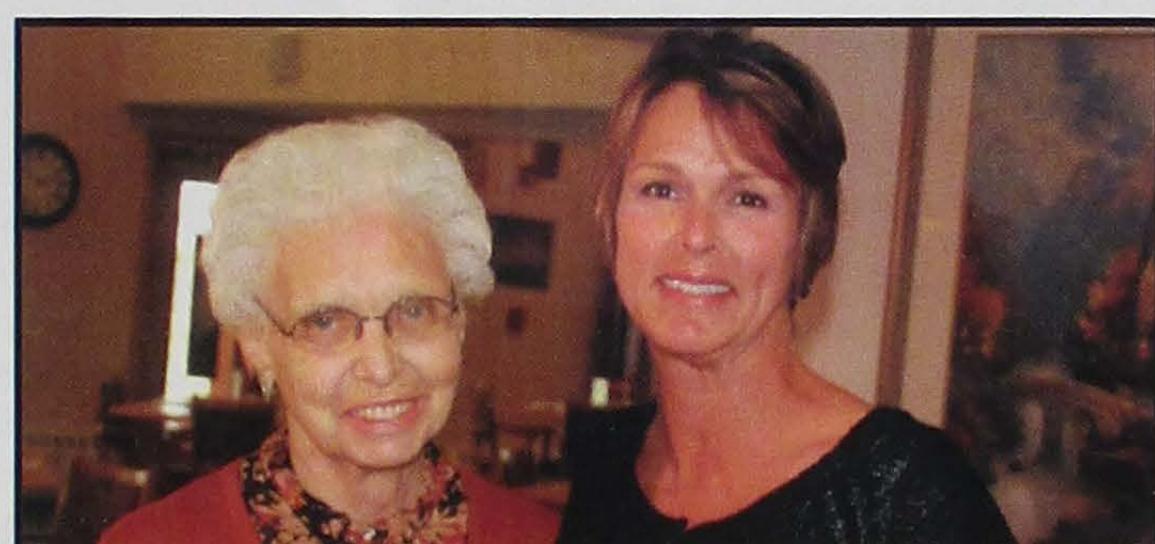
**JESSICA:** "Ummm ... Nancy Griffin from Des Moines. I met her at the Octagon Arts Festival. She works with acrylic and colored pencil. Local artists inspire me because they are real people to me. They take the time to make their art and just do it."

Well, I can't help but wonder if perhaps soon Jessica will switch her major, so to speak.

She was commissioned to do five canvas paintings for Northcrest, a retirement community here in Ames. Each canvas is a different kind of tree. They are each 2 feet-by-3 feet in size. Perhaps soon she will be commissioned to have free rein with her own canvas paintings for more commercial settings. Upon viewing her portfolio I was engaged in the movement and depth evident in her art. Very much like that graceful butterfly logo, the airiness and quietness of her spirit are also present.

Jessica is also aware that she is in the process of exploring her vision for expression. Her genuineness and humility are very much a part of her giftedness in the art arena.

**J:** "God has created everything so beautiful and I cannot top that, but my art is a reflection, albeit a dim reflection, of life around me."



*"I've never toured anyplace that has such a feeling of home."*

*-Pam Neff, daughter of Jo*

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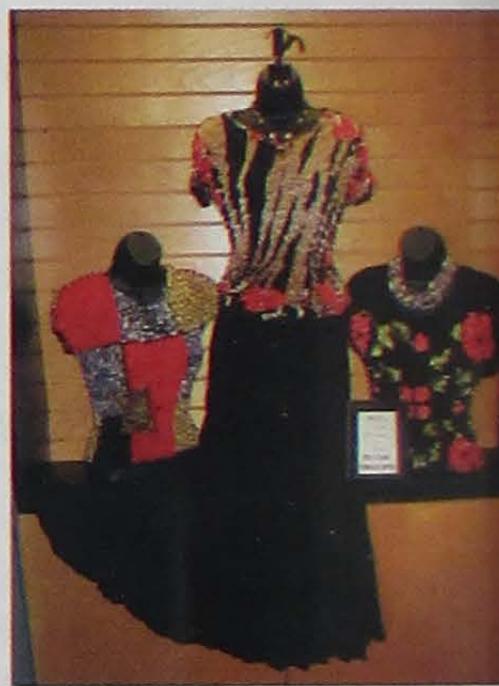
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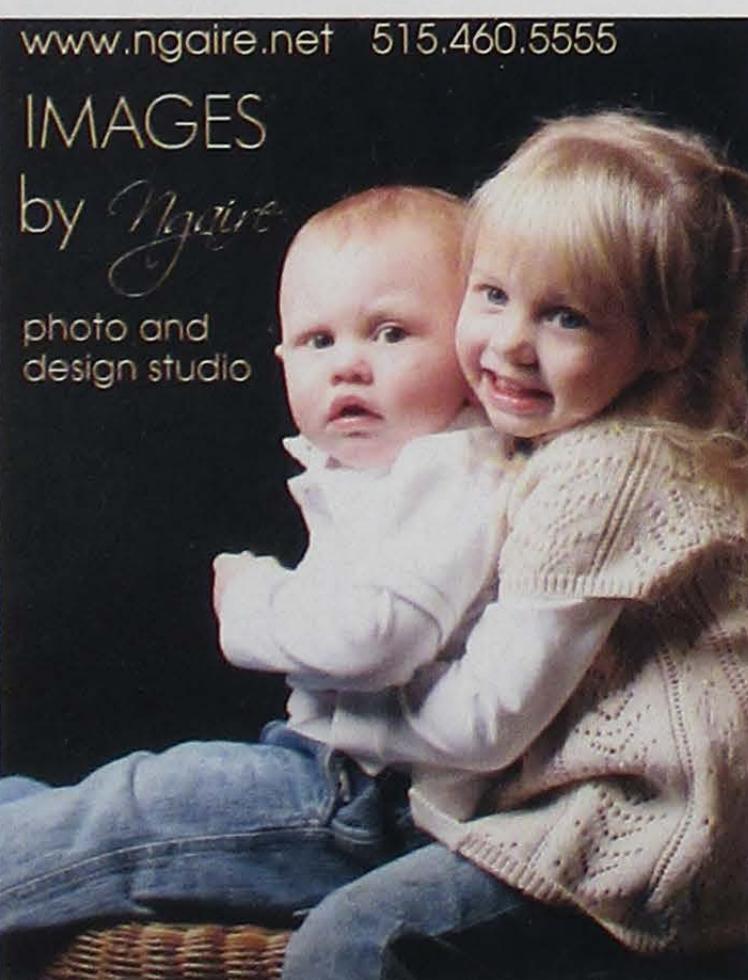
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## Que sera sera

By PEGGY BEST

Last year I turned 50. Several months before my birthday, I had a heart-to-heart with myself and decided to set a goal to get into the best shape possible. I told myself that the day I turn 50 I'll most likely be as healthy as I'll ever be from here on out. In other words, it probably won't get any better after this. I began to exercise more regularly and eat less, and was progressing fairly well to a healthy 50 milestone. But four weeks before my birthday I was diagnosed with shingles, and I spent my 50<sup>th</sup> birthday on the couch curled up in the fetal position, thinking physically it couldn't get much worse than this. Oh well, so much for my ideal of being the picture of health at 50.

As I approach 51, I'm going to give this another go. I realize that I can't do everything I used to do in my younger years — I used to jog every day, but back problems prevent me from jogging so now I walk for my exercise. As a wise friend once told me — don't be upset about the things you can't do anymore, be satisfied that because you once did them, you are where you are today! So what if I don't run 25 miles a week anymore? I'm glad that I can walk three miles a day.

Some of us feel discouraged this time of year — we had our new year's resolution to lose weight and eat better and so far, no results. But don't give up. Today's a new day, and if what you've tried before hasn't worked, change it up. Make exercise fun! Celebrate where you are this day and go forward from here. Let the little kid in you come out and play and don't take things so seriously.

For me, I'm going to crank up the music and dance around the house. I'm going to play hide and seek with my

dog. I'm going to load my Ipod with all the songs I loved from the '70s (even Barry Manilow) and take tons of walks around Ada Hayden. I'm going to join some girlfriends for a weekend hiking trip. I bought a new bicycle last fall and I'm going to ride to work as soon as the weather warms up and I'm not going to care how silly I look in my bike helmet. I'm going to ride to the store and buy a bunch of flowers and sing "Que Sera Sera" just like Doris Day on the way home just for the fun of it.

It's important for all of us to try to stay healthy. We owe it to our spouses, our children and our grandchildren. Who cares if you've never set foot in a gym before or put on walking shoes and take a 30-minute walk during your lunch break? Believe it or not, nobody is judging you. People who are in fantastic shape are always quietly cheering on those that are giving it their best. Today's the day to sing like no one can hear you, and dance like no one is watching. I'm ready for 51 — bring it on!

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# BETWEEN A ROCK & A HARD PLACE

By JOLENE PHILO

**A** year ago, I thought my husband and I had avoided the sandwich generation's niche between the rock and the hard place, wedged between the needs of aging parents and the demands of fledgling, adult children. My mother, almost 80, lived independently in the same town we did. My 26-year-old son was safely tucked away at a monastery in West Virginia, and my daughter was at college, adjusting well to her first year away from home.

For some empty nesters, making peace with a quiet house is a trial, but I relished my new freedom. Finally, I had time to complete the research for my manuscript due to the publisher by year's end, time to start the novel I'd always dreamed of writing, time for a girl trip to Savannah, an early birthday celebration for mom.

But somewhere around May, life crowded in again. First, my daughter came home for the summer. Then, mom started complaining of aches and pains, of digestive ailments her doctor couldn't pinpoint. As the summer progressed, she became forgetful, anxious, and increasingly demanding.

In August, she spent a few weeks with my brother and his wife so we could move our daughter back to college, and I could work on my book manuscript without interruption. My brother and sister-in-law discovered that mom wasn't taking her medications properly and slept for much of the day. A few weeks later, mom quit driving her car. After consulting with a specialist in September, she

was diagnosed with early stage Alzheimer's.

The next few months were packed with activity as mom moved in with my brother and sister-in-law permanently. My sister spent weekends with mom, sorting through her belongings and preparing her house for sale. I spent the fall alternately working on my book manuscript and learning about mom's finances. By Thanksgiving, the first draft of my manuscript was complete, I had a handle on mom's business affairs, and the demands of family eased. At least until our son called from the monastery to tell us that after five years there, he wanted to leave and could we help him get back on his feet?

My husband and I took a quick road trip east, gathered our son, and brought him home just in time for our daughter to arrive for Christmas break. With four adults in the house, it was fuller than it had been in six years. But somehow, in the midst of the crowd, I completed the final edit of my manuscript and mailed it to the editor a few days before Christmas.

But that didn't mean more breathing room. Over New Year's weekend, my extended family – mom, my sister, her husband and son, my brother, his wife and two daughters – converged at our house to celebrate Christmas. Everyone had a place to sleep, but the only place for the boxes of family heirlooms, carefully sorted and wrapped by mom for her children and grandchildren, was in our bedroom.

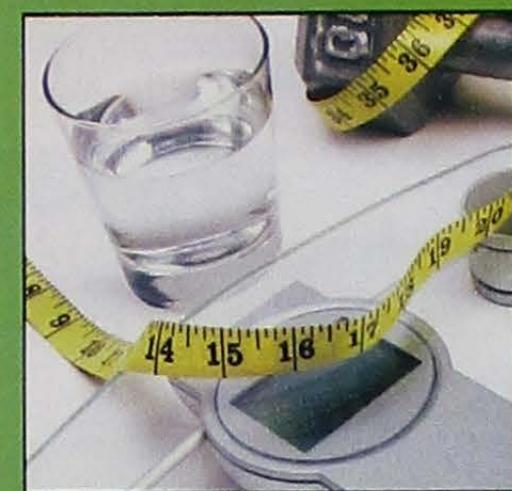
When I crashed for the night, the stacks of boxes hugged every inch of wall space in our formerly empty nest bedroom. They taunted me. So you thought you would escape the sandwich generation? The boxes smirked. Think again. I turned off the light to silence them.

But the next day, when we crammed into the living room to open our heirloom gifts and hear Mom tell the stories of her life's treasures – great-grandfather Fred's silver toothpick holder, my dad's old marbles, grandma's lead crystal bowl that sat crooked, the McCoy vase that was a wedding present in 1951 – my heart swelled and embraced the circumstances that had deposited me between the rock of my mother's declining health and the hard place of my adult son's unexpected life change.

Do I miss the long stretch of last winter's quiet, empty days when I had time to write for hours? Of course. But I wouldn't exchange them for these crowded, fleeting moments with the people I love. Besides, even without room to spare, I met my writing deadlines. There's room to live and grow, I have learned, between a rock and a hard place.

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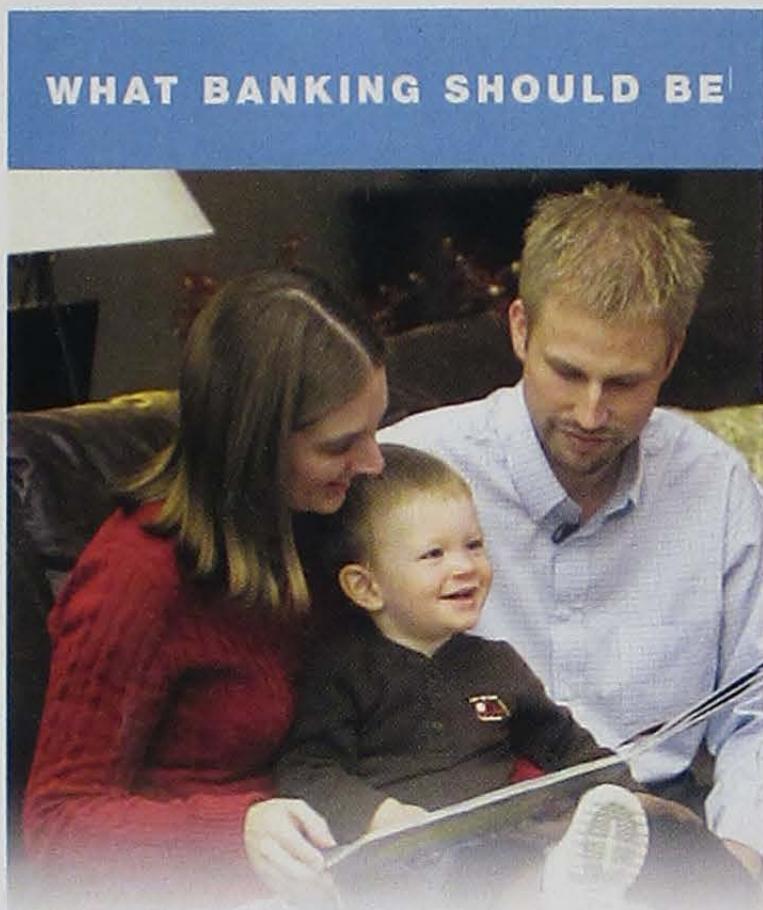
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## GIRLFRIEND'S GUIDE TO FINANCIAL INDEPENDENCE

## healthy women

By KAREN PETERSEN



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## What does health mean to you?

I asked 52 local women, "When you hear the word health, what is your first thought?" The overwhelming answers were: Quality of life, Joy, Happiness, Wellbeing, Long life, Total health; mental, physical, and emotional, Balance, Vitality, Proactive, Energy, Good decisions.

See that? Last, but certainly not least, is the recognition that our health is impacted by our decisions. Good decisions improve prospects and healthy outcomes. The financial, nutritional, and physical fitness decisions you make today will help create and sustain your good health for years to come.

**This month, healthy women Meyer, Gadia and Petersen share tips for healthy life choices before and after age 50.**

### Healthy Life Choices before age 50

Meyer:

- In your 20s, focus more on cardiovascular and less on strength.
- As you age, add more weight training to counter the inevitable loss of muscle.
- Incorporate posture and body alignment exercise for optimal performance and wellbeing.

Gadia:

- Eat three meals, plus one to three snacks per day. Skipping meals insures fewer nutrients and far more empty calories.
- Eat five or more servings of fruits and vegetables daily. One serving is approximately the size of your fist.
- Stop eating when full: monitor portions and mindless eating.

Petersen:

- Achieve financial health with the same good decisions that create a healthy body — one step at a time and through conscious, daily decisions.
- Remember, the money choices you make today impact how independent you can be tomorrow.
- Meet with an advisor to help design a plan to meet your lifetime financial goals. Review your progress annually.

**The goals you set in your 20s, 30s and 40s may no longer be sufficient for the person you've become.**

### Healthy Life Choices after 50

Meyer:

- Focus on abdominals, pelvis and spine, your core, the control center of your body.
- Fight the affect of gravity; add exercise for good posture.
- Challenge your body with Pilates, reformer or mat, to insure proper alignment.

Gadia:

- Reduce intake of high fat foods.
- Focus on good fats, which are unsaturated fats (olive oil) and omega-3 fatty acids (fish).
- Include foods rich in nutrients and antioxidants everyday. These include: fruits, vegetables, whole grains, and nuts.

Petersen:

- Schedule regular check-ups with a Certified Financial Planner™.
- The goals you set in your 20s, 30s and 40s may no longer be sufficient for the person you've become.
- Review your investment and retirement portfolios.
- Identify your investment risk and return.

### Plan for good health

Make a decision for a healthier you today. Remember, all success starts with one small change or commitment.

Visit with a financial planner to help you design a spending plan that includes vigorous workouts with your personal trainer, a new healthy eating plan with your dietician, and even an Indian Cooking class.

**Because life is...more than money!**

Karen L Petersen CFP® CDFAT™ is a fee based financial advisor. You can contact her at (515) 232-2785 or [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net)

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# SALAD DAYS

## keep you feeling young

By JOLENE PHILO

**T**he salad days of my youth are long gone, but salads are frequent side dishes in my daily menus. I feel healthier – and maybe even a little younger – whenever I think of the vitamins and fiber they add to my diet.

Both fruit salads and green salads appear at our table throughout the year. To add variety to the fruit salad, I alter the ingredients depending on the produce available each week. As a result, we never get tired of the flavors enhanced by the honey-lemon dressing. The Greek salad adds a touch of Mediterranean sunshine on cold, dark winter evenings and a fresh zing on warm summer nights.

### Fruit Salad with Honey-Lemon Dressing

1 apple, cored and chopped  
1 orange, peeled and segmented  
1 banana, sliced  
1/2 cup grapes, halved  
1 cup fresh pineapple, cubed  
1 kiwi, peeled and chopped  
1 pear, cored and chopped  
1 peach, pitted, skinned and chopped  
1/2 lemon, squeezed  
honey to taste (2 – 3 tablespoons)

Wash and prepare three or four of the fruits listed above, or any others you want to add. Combine them in a medium salad bowl. Squeeze lemon juice into a small bowl. Stir in honey until mixture is sweet/tart to taste. Pour over fruit and stir. Serves 4.

### Greek Salad

6 cups chopped romaine lettuce  
1/4 cup red, yellow or orange sweet pepper cut into thin strips  
1/4 cup sweet onion cut into thin strips  
6-8 Kalamata olives, pitted and halved  
1 tablespoon red wine vinegar  
1 tablespoon olive oil  
1/4 - 1/2 teaspoon salt  
1/8 teaspoon coarse ground pepper  
feta cheese, crumbled

Wash and prepare vegetables. Combine them with the olives in a large salad bowl. Mix vinegar, oil, salt, and pepper in small bowl. Just before serving, pour mixture over salad and toss until vegetables are coated. Sprinkle feta cheese on top. Serves 4.



# hue & cry

*Definition: Any loud clamor or protest intended to incite others to action.*

By MARY HALSTRUM, *Facets Editor*

**H**ave you ever heard the phrase "Looking at the world through rose-colored glasses?" Well, that's pretty much the motto I live by and I feel that I'm happier and healthier for it.

As far back as I can remember I've been a fairly happy soul, always choosing to see the glass as half full rather than half empty. The power of positive thinking has really worked wonders for me over the years making my life's journey easier to navigate even in the face of adversity or downright tragedy.

In this world there are pessimists and optimists, and there are those who fall somewhere in between. I am an optimist to the nth degree. Nothing ever really gets me down. The only time I've ever been depressed was when I was 27 and my fiancé died in a car accident. In the aftermath of

that horrible event, I remember wondering if I'd ever be able to smile or laugh again. Would I ever regain the lighthearted and carefree personality I'd always had? Or would I always feel scared and alone waiting for something bad to happen to me, again?

I needn't have worried because the person I am on the inside doesn't really change based on what happens to me on the outside. Once I accepted what had happened, I worked through the pain and got on with the business of living. Because, after all, life is for the living, another little saying I remind myself of often.

Generally speaking, I wake up every day thinking "this day's a new day and anything's possible." The power of positive thinking is amazing in that it affects my entire being. I don't hold grudges. I don't focus on negative things. I don't internalize

any of the bad stuff going on in the world. I spend most of my day living in the moment; not fretting about what might happen in the future, good or bad.

That being said, bad things still happen. For instance, my husband recently got laid off, and if he doesn't go back to work soon, our medical insurance will lapse since he's the primary holder. That would mean getting insurance through my employer, which would translate into a significant increase in premiums. Of course this concerns me, but it doesn't eat me up. I don't lose sleep over it. In fact, I don't lose sleep over much of anything, never have. We'll just have to cross that bridge when we get to it.

I believe – whether it is fact or fiction – that my positive attitude is directly related to how little I get sick. On average, I come down with one minor cold a year. My husband, on the other

hand — an admitted pessimist — gets sick an average of one day a month, if not more. Of course, there could be other factors at play, my immune system could be stronger, his carpenter job is more physical than my desk job, but I still believe our attitudes play a part in how we feel in every aspect of our lives.

Just to be clear, having a positive attitude doesn't stop me from having the same worries that everyone else has: saving for our children's college education or having enough money to retire, etc. My husband and I are doing the best we can with the tools we have to reach those goals. And on most days that's good enough for me.

The valuable lesson I learned a long time ago is to understand that in this life there are things I can control, and things I can't, and that most of life falls in the latter category. That fact alone gives me some peace.

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# MARCH

# calendar



## Through April 5

**41st-annual Clay, Fiber, Paper, Glass, Metal, Wood National Exhibition**, through April 5, Octagon Center for the Arts, 427 Douglas Ave., Ames, 10 a.m. to 5 p.m. Tuesday through Friday, 1 to 5 p.m. Saturday and Sunday, free with donation suggested.

## Sunday, March 1

**Argentine Tango Practica**, a multi-level class taught by Valerie Williams with lots of time to enjoy the music and dance, will be held from 4 to 4:30 p.m. at the Workspace at the Memorial Union. Moves for beginners are introduced and will vary weekly. From 4:30 to 7 p.m. the dance floor is open to practice under the guidance of Williams and to work with different partners. A short figure will also be introduced during this time for intermediate students. Dance punch cards may be purchased at the Workspace and used in Williams' Tango classes at the MU over the next year: Sundays, March 8, 15 and 29, April 5, 19 and 26, and May 3, 10 and 17. Five punches are \$28 for ISU students, \$30 for the public. For more information, call (515) 294-0970.

**The Central Iowa Symphony** will perform at the Ames City Auditorium at 3 p.m. Tickets are \$15 for the general public; \$10 for seniors (65+); \$5 for students (all ages); and children 5 and under are free. For more information, call Mike King at (515) 239-5365.

**Attend this Murder Mystery Dinner Theater** and be a part of the show. Space is limited, so buy tickets early for this interactive murder mystery at the Maintenance Shop in the Memorial Union. Show is at 6 p.m. For more information, call (515) 294-8349.

## Tuesday, March 3

**Freedom Train** tells the thrilling story of Harriet Tubman using dance, dialogue, and music of the period. It is a story of self-sacrifice, dedication and survival, laced with warmth and a sense of humor that celebrates the human spirit — a universal story for all.

Ticket price is \$4 when ordered in advance or \$5 day of show. Admission is for school groups and homeschoilers and available only through the Iowa State Center. Contact Sara Compton at (515) 294-7389 or e-mail [scompton@iastate.edu](mailto:scompton@iastate.edu) for tickets to either the 10 a.m. performance or the 12:30 p.m. performance.

## Thursday, March 5

**A beginning series of Indian cooking** will be taught by Madhu Gadia, the author of "New Indian Home Cooking," in her home. This 4-session series will help you become comfortable with Indian cooking. Through demonstration and hands-on experience you will prepare authentic vegetarian and nonvegetarian dishes. Classes will be March 5, March 12, 19 and 26 from 6 to 9:30 p.m. Cost is \$220 per person, includes food cost, dinner and drinks. For more information, call (515) 292-7170.

## Sunday, March 8

**Cheryl Wheeler**, singer/songwriter/comedienne, in concert in the Maintenance Shop at the Memorial Union. Tickets are \$8 for students, \$12 for the public with a \$1 day-of-show increase. Doors open at 7 p.m., show begins at 7:30 p.m.

## Wednesday, March 11

**SUB Presents: Grandma Mojo's Moonshine Revival Student Sketch Comedy Troupe** will perform at the Maintenance Shop in the Memorial Union. Let the students of ISU's improv sketch comedy troupe make you laugh until your stomach hurts. Doors open at 9:30 p.m. Admission is \$1. For more information, call (515) 294-8349.

## Sunday, March 15

Visit Reiman Gardens for an afternoon of family fun called **Shamrock Sunday** from 1 to 4 p.m. Celebrate St. Patrick's Day a few days early with entertaining activities for everyone. For more information, call (515) 294-2710. Free for CoHorts' members; \$7 admission for general public.

## Tuesday, March 24

**Floral Design Series** at 7 p.m. at Reiman Gardens. Each month learn new floral design principles while creating your own unique floral arrangement to take home. Cost is \$26 for CoHorts' members; \$32.50 for general public; and \$19.50 for ISU students. Pre-registration and pre-payment are required. For more information, call (515) 294-2710.

## Wednesday, March 25

**"A Woman's Money, A Woman's Future (Women in Mid-Career)**" from 12 p.m. to 1 p.m. will be held in the Memorial Union. Each phase of a woman's life brings unique financial challenges. With smart planning, you can make the most of your money, whether you're just starting out, single, married with a family, starting over, or in your golden years. Come hear about tips, tactics, and solutions that you can use now — wherever you are in life — to help increase your odds for a more secure financial future. Call (515) 268-8601 for more information.

## Friday, March 27

**A Performing Arts Series at Stephens Auditorium** event: to mark the 70th anniversary of Blue Note Records, the premier label in jazz, an all-star band featuring some of the finest musicians today will travel the world celebrating this rich catalog of music. Led by Blue Note Records artist and pianist Bill Charlap, the group will explore classic tunes by Bud Powell, Thelonious Monk, Horace Silver, Herbie Hancock, Lee Morgan, Wayne Shorter, and many others. Ticket prices are \$41 and \$37 for adults; \$22 for children; and \$20 for ISU students. Groups of 15 or more receive a \$5 per ticket discount and one complimentary ticket. Reserved seat tickets are on sale now. Tickets available at the Stephens ticket office Monday through Friday from 10 a.m. to 6 p.m. and the day of show or through all Ticketmaster ticket outlets. Doors open at 6:45 p.m. and the event begins at 7:30 p.m.

# 8 Twists & turns of a High School Athlete

By ANN GREEN

**During the past 15 years, Madi Prouty has learned about setting goals and meeting challenges head-on. She's learned about teamwork, self motivation and dedication. She's a high school athlete, and she could probably teach me a thing or two.**

I met Prouty in the Boone High School commons to talk about her athletic career. She peeled off her sweatshirt to show me her Illinois State T-shirt — a memento of one of her many accomplishments. The 18-year-old and I plopped down on the concrete floor and she casually described her grueling practice schedules.

At three-years-old, Prouty began tumbling lessons in Boone. Soon she transferred to Cardinal Gymnastics Academy in Ames. For 10 years she labored to master skill after skill. She practiced five

days a week — each practice lasting five hours. Many weekends were packed with tournaments around the country. By the time Prouty finished elementary school she clearly understood what dedication meant.

I asked about her accomplishments and her eyes flashed. She smiled and said, "When I was 11-years-old, I won the state tournament and qualified for the U.S. regionals. There I placed second."

I asked about her disappointments. To be honest, with the intense practices and the huge time commitment, I'd imagined she'd have many. But with the grace and nonchalance of a seasoned athlete, she shrugged and said, "There were bad meets and bad days, but that happens." And she let it go. Ahhh, my first lesson — accept the rough patches and move on.

When Prouty turned 13, she gave up gymnastics and turned her attention to diving. The two sports are related in that



many of the same acrobatic skills are used. Iowa State University's diving coach, Jeff Warrick, had a club team so that's where she started. A few months later, the high school freshman was part of the Boone High School team. By the end of the season she'd qualified for the state diving tournament. Her Boone coach, Darci Newcomb, painted a picture of a strong competitor. Newcomb said "One of Prouty's strengths is visualization, imagining the entire dive — from stepping on the board through scoring."

With the same easygoing style, Prouty talked of two hour practices after school and early morning session including weight lifting, agility training and dry-land conditioning, drills which mimic diving motions and develop specific muscles. In the summer months she participates in the ISU diving camp, and last year she attended the University of Texas camp.

In Texas, competition was intense. Prouty's skills were pushed to the limit, but Newcomb believes it gave her confidence. "Madi believes she can do anything. She has proven it to herself." Prouty's accolades continue to grow. She is the first Boone High diver to qualify for state four years in a row. This year, she finished third — her highest placing yet. And she received a full-tuition scholarship from Illinois State. The scholarship and awards are well-earned and appreciated, but it's her grace and mental strength that impress me the most.

Prouty makes the effort to be physically fit. She trains hard and works-out in the off season. She is active in diving, track and cheerleading. But the greater benefit may be in her mental strength — her self-confidence, her ability to face challenges and move through disappointments. These are the lessons I take from Madi Prouty.



Photo Courtesy of MCPARTLAND PHOTOGRAPHY

# MEET A faceted woman

## Carolyn Jons

AGE: 67

**POSITIONS:** Grandma; community volunteer; Raising Readers in Story County – vice president and volunteer; Iowa Association of School Board – consultant to the Board of Directors; Ames Morning Rotary Literacy Chair

**FAMILY:** Husband Chuck, retired McFarland Clinic otolaryngology physician; son Steve and family in Eden Prairie, Minn.; daughter Susan and family in San Francisco, Calif.; daughter Sarah and family in Olathe, Kan., mom Pearl Vest in Ames.



**Four generations together:** Carolyn's granddaughter Maddie, Carolyn's mother Pearl, and Carolyn's daughter Sarah.



Photo by NGAIRE WEST-JOHNSON

### What would you do with \$1,000 to spend on yourself?

Actually, I'm doing it. Chuck and I are going to El Porvenir, Honduras, the first week in March with a team of Ames Morning Rotarians to start up a community library and help with local healthcare clinics.

**Your favorite meal:** Breakfast. It's hard to beat a cup of Burgies Sumatra Dark coffee and steel cut oatmeal doctored up with vanilla, nutmeg and dried cherries.

### Your favorite motto:

At the front on my planner I keep a quote from longtime friend Judy Holtz Fisher who died too young – "Every second, every minute, every day, live life to its fullest."

### What makes you happy?

Capturing special photos of people makes my happy. It's true that sometimes a photo is worth a thousand words. My family and friends have learned to ignore my camera, and we enjoy having pictures to recall milestones and everyday experiences. Each year I create a family calendar using pictures from the previous year. I have a growing collection of photos of young children interacting with books that reflects my passion for children and their learning.

### What makes you feel confident?

Confidence comes from knowing what you have to give. We all forget ourselves and lose track of time when involved in worthwhile activities that we're passionate about. I'm inspired by working with talented and generous people on projects we value because together we can make a bigger difference than any of us could alone. I've long believed every person has unique gifts and the world is diminished to the degree any of us fall short of our potentials. I wrote a philosophy paper about this as a naïve Grinnell student in 1962. Since then, I've had more than four decades to live with the theory. I became certified as a personal coach in recent years in order to help people do what they feel called to do.

### What makes you laugh?

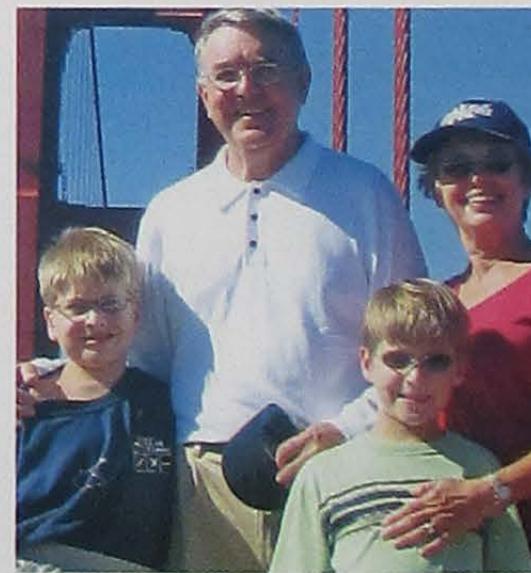
I love puns and creative jokes. For example, it tickled my funny bone when our 6-year-old granddaughter in Kansas exclaimed

upon entering the Olathe library, "Ole! The library!"

### What have you accomplished that has made you proud?

Family highlights are raising three wonderful children, and now having great relationships with five grandchildren and nieces and nephews. Chuck and I enjoy hosting annual grandma and grandpa camp weeks with each grandchild. I am also proud of creating a memory book for my dad and a legacy cookbook with my mom because they were both so pleased.

What I want for my family I want for all families. This inspires my community service with groups like Raising Readers, Iowa Association of School Boards and



**Grandma and Grandpa Camp in San Francisco:** William, Chuck, Alex and Carolyn.

Rotary. We all have opportunities to make a difference and these are priorities for me today.

### Do you believe in New Year's resolutions? Do you have one this year?

This year I'm aiming for better balance. I'll keep on with activities I'm passionate about, yet find ways to devote more time to my wellness, fun with friends and family, and simplifying my "stuff."

### If you knew then what you know now, what would you have done differently?

I try to do my best and sometimes get carried away trying for perfection. I could have benefited from adopting a "good enough" philosophy earlier in life.

### My simplest pleasure:

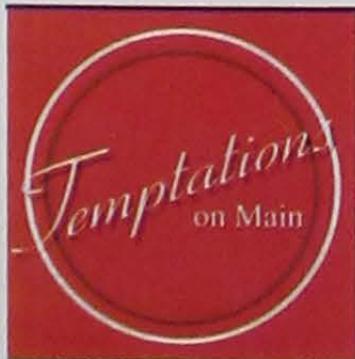
Reading is one of my simplest pleasures and at the same time a way to learn and connect with others. I have fond memories of sitting on the floor of the Sac City library searching the shelf of Nancy Drew mysteries for one I hadn't yet read. Today I belong to three terrific book clubs. I appreciate the stimulus to read interesting books and, even more, the camaraderie of good friends.

### When I am an old lady:

I'm very fortunate to still have my mother as a role model. She has chosen to live in Ames at Green Hills to be near us. At age 93, she loves her family, gives occasional advice as a wise elder, keeps physically active, stays interested in people and current events, and still clips recipes for me to try!

### How do you give back to your community?

I give back to my community in ways that fit with my gifts and passions. For example, serving on the Ames School Board for 15 years was an incredible privilege. That connected me to the Iowa Association of School Boards. Since 2000, I've been involved in developing Raising Readers in Story County because I believe it's vital that we all help to start unleashing children's potentials in their earliest years. Raising Readers connects with parents and caregivers and provides reliable information, support and good books for young children. We also partner with others who have similar goals. Our children are our future, and investing in them will pay dividends for years to come.



## What is your favorite kind of chocolate?

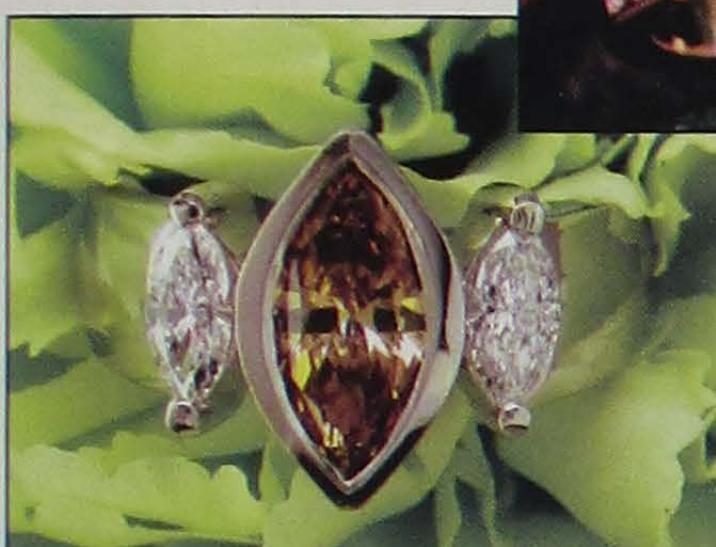
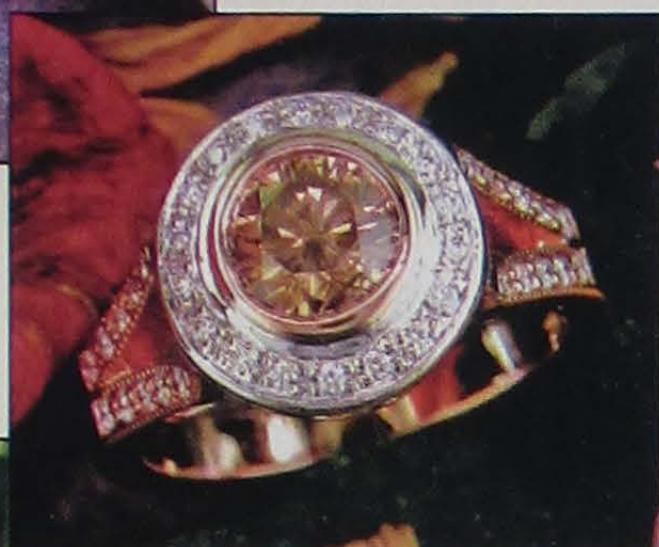
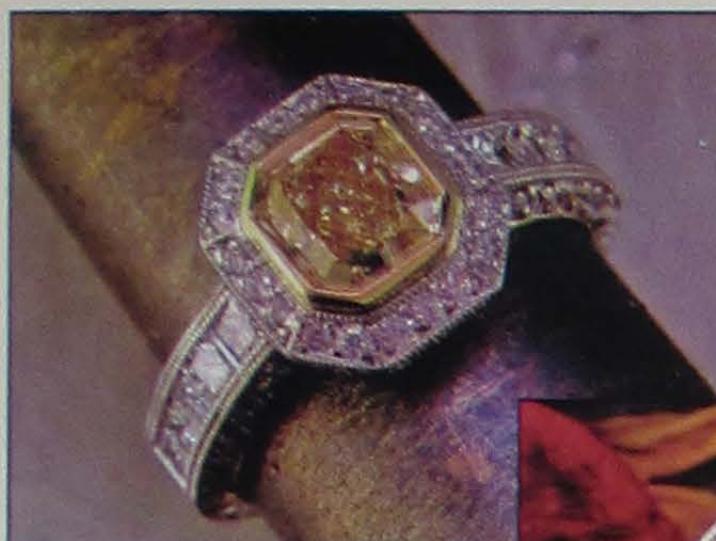
### CAROLYN JONS

Whenever my family shares a special box of candy, I scout out the chocolate covered caramels first! Turtles are a close second.

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